



Happy Planksgiving

November Wellness Calendar

Use this calendar as your monthly wellness challenge to boost your well-being at work. This month, we're planking! Do your best and modify to your comfort level. At the end of the month, [let us know](#) how many days you planked, and you could receive a prize!

Nov. 3: [Join the Planksgiving Challenge](#)! Get started with [planking tips for beginners](#), then aim to complete a 25-second plank.

Nov. 4: Read this month's Be Well @Work newsletter to build financial strength, then build physical strength by completing a 30-second plank.

Nov. 5: Give planking a rest and [attend](#) the Financial Success Starts with Mindset webinar at 11:30 a.m. CT.

Nov. 6: Take a [15-minute fitness break](#) at 10 a.m. CT followed by a 35-second plank.

Nov. 7: Plank for 35 seconds today and 40 seconds on Saturday and Sunday.

Nov. 10: Take a break from planking and join [Stretch & Destress](#) from 12-12:15 p.m. CT.

Nov. 11: State Holiday: Keep the motivation flowing with a 45-second plank.

Nov. 12: Plank for 45 seconds. Losing motivation? Check the Teams chat for inspiration!

Nov. 13: [Join](#) the Get Financially Fit webinar with RetireReadyTN at 11:30 a.m. CT. Don't forget to squeeze in a 50-second plank today!

Nov. 14: On [World Diabetes Day](#), recognize the [importance of regular exercise](#). Keep your momentum going! Plank for 50 seconds on Saturday and 55 seconds on Sunday.

Nov. 17: No planks today! Get outdoors and [share](#) a photo for National Take a Hike Day.

Nov. 18: Take a [10-minute fitness break](#) at 11 a.m. CT, ending with a plank for 55 seconds.

Nov. 19: Practice self-care with [Mindfulness with Nat](#) at 11:30 a.m. CT. Have an extra 60 seconds? Fit a plank in your day!

Nov. 20: To support the [Great American Smokeout](#), take deep breaths with a [Mindfulness Break](#) from 11:15-11:30 a.m. CT.

Nov. 21: Plank for 60 seconds today, 65 seconds on Saturday and 70 seconds on Sunday. You can do it! Make sure not to hold your breath!

Nov. 24: Breathe easy today and enjoy these [stretches](#).

Nov. 25: Gear up for Thanksgiving by completing a 70-second plank.

Nov. 26: Give thanks with a 75-second plank.

Nov. 27: State Holiday: [Send](#) a photo of you planking with your family or friends!

Nov. 28: State Holiday: Wrap up Planksgiving feeling strong by planking for 80 seconds. You did it! [Let us know](#) how many days you planked this month. Fill out the form by Dec. 15.. You could receive a prize!

Learn about all upcoming wellness activities, challenges, webinars and workouts on our [Wellness Events](#) page.

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Questions? Contact us at WFHT.TN@tn.gov.